

Welcome to Ayureka's Autumn Seasonal Cleanse workshop! This overview contains essential information, so **please read it carefully in its entirety.**

Dates and Times of Workshop Sessions

The workshop takes place over three (3) sessions. These sessions will help you understand and prepare for cleanse activities and positive diet and lifestyle changes. **Mark your calendar.** Each session runs from 6:30 to 8:30 p.m. and will take place at the [Ayureka Office](#) (1018 Delta Avenue 45208):

- **October 6th—Introduction.** An overview on the fundamentals of an Ayurvedic cleanse (preparation, cleansing and rejuvenation). We will discuss the workshop timeline, and diet and lifestyle recommendations. You will leave with a game plan for the coming two weeks, a grocery list and recipes.
- **October 13th—Cleanse.** We will explore the upcoming cleanse week, which includes diet and routine recommendations, and share learnings from the prior week.
- **October 20th—Review and Looking Forward.** This is a post-cleanse meeting. It will give everyone time to regroup, compare notes and create a vision for integrating positive diet and lifestyle changes.

Scheduling Your Ayurvedic Consultation

Focused on building a customized plan for your cleanse period, this 45 minute one-on-one meeting helps to tailor the cleanse to your unique needs. It also provides post-cleanse recommendations for food, herbs and lifestyle choices.

Please make every attempt to schedule your session prior to October 17th. Here's how you do it:

- Go to: http://www.ayureka.com/consultation/#.VgrEKnh_MZa
- Within the box that appears, scroll down to the last headline "OTHER" and select "Seasonal Cleanse Consultation"
- Choose provider "Liz Stites"

Preparing for Your Ayurvedic Consultation

Prior to your meeting, please download and complete the Ayurvedic Consultation Forms: ([http://www.ayureka.com/wp-content/uploads/bsk-pdf-manager/27_AYUREKA'S_INTAKE_FORM_\(2015\).PDF](http://www.ayureka.com/wp-content/uploads/bsk-pdf-manager/27_AYUREKA'S_INTAKE_FORM_(2015).PDF)).

Bring the completed forms to your consultation. As noted on the forms, I encourage you to keep a journal of your diet and lifestyle decisions for several days preceding your consultation. This information will aid our in-person discussion.

Joining the Workshop's Private Facebook Group

Educational materials are delivered throughout the workshop via emails and group Facebook posts. To ensure you have access to all materials, please connect with me on Facebook (<https://www.facebook.com/elizabeth.stites.71>) if we are not yet friends, so I can include you in the **completely private** "Ayureka Autumn Cleanse 2015" group.

Payment Options (if you haven't yet paid)

If you have yet to pay for the workshop, you may use a credit card, check (payable to "Ayureka") or cash. If you would like to pay prior to the first session, please go to our Square page (<https://squareup.com/market/ayureka>). There are two options: First-time Cleanse (for \$125) and a Repeat Cleanse (\$75). You are certainly also welcome to pay at the first session, but please email me in advance (estites@ayureka.com) to let me know that you will be participating in the "Autumn Seasonal Cleanse" workshop.

Any Ayureka products or counsel are not intended to diagnose, treat, cure or prevent disease.